

Greek Omelet in a Pocket

This flavorful breakfast is served in a whole-wheat pita pocket for added fiber.



Hummus, red onions, bell peppers and chopped tomatoes give this omelet plenty of flavor. Tired of plain old whole-wheat bread? This omelet is stuffed into a pita pocket to mix up your grains.

Ingredients:

- 1 large egg
- 1 egg white
- Salt, if desired
- Black pepper, to taste
- Nonstick cooking spray
- 2 Tablespoons chopped red onions
- 1/4 cup chopped red bell peppers
- 1/4 cup cherry tomatoes, sliced in half
- 2 Tablespoons hummus
- 1 whole-wheat pita, 4-inch, cut in half

Preparation:

Crack the eggs in a small bowl and whisk with salt and pepper. Set aside.

Spray a small nonstick skillet with cooking spray. Sauté the onions until translucent, about 5 minutes. Add the bell peppers and cook for another 2-3 minutes. Add in the eggs and quickly stir all the ingredients together and let them cook completely, about 5 minutes.

Turn off the heat and top with tomatoes. Spread 1 tablespoon of the hummus on each half of the pita. Fill the pita with the eggs.

Nutrition Facts

Yield 1 serving

Amount Per Serving

Calories 241

Fat 9 g

Saturated fat 2 g

Cholesterol 186 mg

Protein 15 g

Carbohydrates 23 g

Fiber 6 g

Sodium 368 mg

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